

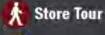
Jacqui Campbell, MS, RD, CDN

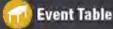
Have you ever
wondered about
certain ingredients or
how to shop to reduce
the amount of salt in
your meals or were
you recently
diagnosed with
a condition
requiring a change
to your meal plan?

Let the Living Well Eating Smart Team help!

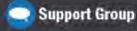
If you are
interested to
learn more about how
Jacqui Campbell can help
you and your family,
contact her directly at:

Jacqui.Campbell.RD @gmail.com (413) 504-4197









Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE FEBRUARY 2019

February 5

Heart Month Heroes

10:30 AM – 12:30 PM East Longmeadow Big Y 441 North Main St.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

February 5 Heart Month Heroes

1:00 – 3:00 PM Longmeadow Big Y 802 Williams St.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

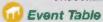


February 12

Celebration of Chocolate Month

11:30 AM – 1:30 PM Springfield Big Y 300 Cooley St.

Celebrate National Chocolate
Month by learning about the
health benefits of chocolate and
cacao. Stop by our table to taste
test different percentage dark
chocolates.



W Event Table

February 13 Living Gluten Free

6:30 – 7:30 PM West Springfield Big Y 503 Memorial Ave.

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.



February 19 Heart Month Heroes

2:00 – 4:00 PM Wilbraham Big Y 2035 Boston Rd.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

@ Event Table

February 26 Heart-Healthy Eating

10:30 AM – 12:00 PM Springfield Big Y 300 Cooley St.

Walk the aisles of Big Y and discover current recommendations for hearthealthy eating with tips to apply them to the purchases you make.



February 26 National Snack Month

1:00 – 3:00 PM East Longmeadow Big Y 441 North Main St.

Learn how to snack smarter during National Snack Month by stopping by our table for great ideas and samples.





Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.